Message from Thack

Though we all know there are twelve days in the Christmas season, for many it ended sometime Christmas afternoon following the family dinner. If you fall into that category, has life slowed down for you yet? Now that the “secular” Christmas has come and gone with all the shopping, parties, and relatives that are so much a part of the season, have you found the time to catch your breath? If you haven’t, then please consider the following exercise:

1. Stop whatever you are doing, close your eyes and take a deep breath. Keep your eyes closed and imagine you are at the beach, or in the mountains, or on the south forty, wherever you feel most connected with God and nature. Try to filter out the noise and busyness of the world and experience a sense of calm.

2. While in this posture, say very slowly and softly “Come, Lord Jesus, come.” Continue repeating this until you can envision in your mind the image of Christ.

3. Once the distractions of the world are filtered out and you have captured this image in your mind, then rest quietly in the moment.

If you are able to rest quietly in God’s presence, then you will experience what the Epiphany season is all about. Epiphany literally means “manifestation” and for Christians, “The Epiphany” that we celebrate on January 6 is the manifestation of Christ to the peoples of the earth. Like the three wise men from the East who experienced that first Epiphany 2,000 years ago, we are called to look for signs of Christ in our own lives. He will manifest himself to us in people, places and experiences, so long as we are attentive to his presence among us.

God stands in our midst revealing Himself and inviting us to enter into His company. Nothing is ever the same again for those who experience His presence. Once you have had your own Epiphany experience—that defining moment in your life when you encounter the living Christ, you will become a witness to others by manifesting the Christ living in you.

Peace, Thack
Great Wednesday @ 6 Program

Throughout the Epiphany season which ends on Ash Wednesday, our spiritual focus is to look for the manifestation of Christ in our lives. Beginning Wednesday, January 17, our Great Wednesday @ 6 program will be about “Knowing God.” By examining stories from Scripture, we will see how God “manifested and still manifests Godself” to creation, culminating with the story of Jesus’ entry into the world. This teaching series is four weeks long. Dinner and childcare will be provided. Please call Terri or Joan in the church office at 626-2421 and make your reservation for dinner. We will welcome an offering from the participants to help defray the cost of supper. Thack

Thank you!

I want to express my heartfelt appreciation to the following folks: to St. Paul’s staff for all their extra work to help prepare for the services on Christmas Eve and Christmas Day; to Paul and the choir and Clay and New Song for their hours of preparation and for their wonderful musical offerings at these services; the Altar and Flower Guilds (and a host of helping volunteers) for preparing the altar for the various services and for making the church so beautiful; to Sophie Walker, Christopher Conger, Sarah Hale, the “Meshejian Singers” (Adam, Kelly, Haley and Jenna), and Audrey Faust for their musical offerings and solos on Christmas Eve; for all our liturgical servers who served the altar at these services; for the ushers and greeters who made sure our congregation and visitors received a warm welcome and service bulletins for the services; for our Christian education director Elizabeth Faust, our young people and their parents for the special Christmas Pageant on Christmas Eve; for Luciano Briones for being a very human “Baby Jesus” at the Christmas Pageant and his mother Whitney who rescued him in the nick of time; and to the congregation for coming out to celebrate the Incarnation of our Lord. Thack

Going to California

Classic Rock aficionados are familiar with Led Zeppelin’s song, “Going to California.” The title of the song comes from the following verse, “Going to California with an aching in my heart.” Unlike these woeful lyrics, I am going to California with a happy heart on January 1 to visit Virginia, Matt, Elise and Marian. They transferred to Twentynine Palms, California last July. To give you a sense of geography, Twentynine Palms is in the desert and about 60 miles from Palm Springs. I will return to Alabama on January 9 and be back in the office on the 10th. Should you need a priest in my absence, The Rev. George Riggall has graciously agreed to be available to serve you. Please call Terri in the church office and she will pass on to George your requests for pastoral assistance. The Rev. Albert Kennington will celebrate and preach at the healing service on January 3 and The Rev. Dr. Dick Schmidt will preach and celebrate at Sunday services on January 7. Thank you, Dick, Albert and George, for your valuable assistance! Thack

GROUNDSPRUCE DAY

Just a little reminder that we will schedule a grounds work day on the first Saturday of February 3rd. More information to come.

God’s peace,

Donna Brown
Thank you!

Dear St. Paul's, Thank you so much for the prayers and dinners you sent me while my poor paws began to heal. The prayers were much appreciated and the dinners were delicious with much attention to detail.

Love to all,

Janice Miles

Calling all BOWLERS - good, bad, and ugly! St. Paul's will have its own mini league beginning mid-January. So far, we have about 16 bowlers signed up from Rally Day. I sent out emails this week to remind you who signed up earlier. If you didn't receive an email, let me know. Here's how we're going to organize. We will commit to bowl for four weeks. The cost of bowling three games each night will be standard to what the alley charges, but we will add $1.00 per person each week. At the end of the four weeks, we will draw a name from a hat for a free dinner for two at a local restaurant. Teams of four will be drawn from a hat. Couples may stay together or bowl separately on different teams. After four weeks, participants will be given the chance to re-up, bow out, or join. We are looking for all ages - high school and up! Please consider bowling with us. It'll be fun, not cut-throat. Call Beverly Koepp (251-404-3980 and leave a message. I'll get back to you. I am thinking of Monday night for our league, but I am open to discussion about other nights. Thanks! Beverly Koepp

Platinum Treasures Outing

Greetings and Happy New Year!

Join Platinum Treasures for a trip to Mobile on Thursday, January 18. We will have lunch at The Royal Scam at 11:30am, then visit the History Museum of Mobile to see the current exhibit: Titanic - Honour and Glory.

The Particulars:

~RSVP to Vivian Silliman 315-727-2963 (call or text) or sillimanv@gmail by January 15
~Leave St. Paul’s parking lot at 11:00am on Thursday, January 18
~Entry to the exhibit is $8 or $9, depending on the number attending

Please join us for a fun, educational and possibly nostalgic outing.

Vivian Silliman
This time of year, colds and “fever viruses” are rampant. Children in particular are prone to falling ill to the scourge of viruses that are everywhere! The colder and damper weather results in more inside time at school and that increases the exposure for our children (because their hand hygiene is terrible, bless them). I’d like to share a little bit about fevers in children and maybe allay some fears.

Everyone has their own internal “thermostat” that regulates body temperature. That unique thermostat is present from birth. You may have noticed how some children tend to have a fever very frequently while others rarely do. The degree of fever is not always as much about immunity as it is our individual temp regulators (i.e. you aren’t necessarily “sicker” because you have a higher fever).

When the body detects an infection, our wonderful God designed system triggers a whole host of immune responses including elevating our temperature. Research has shown that certain types of immune response cells work better with the elevated temperature. Additionally, a higher temperature makes the body a less favorable host for replicating viruses and bacteria. So…as an old, dear physician once told me, “fever is our FRIEND”.

However, friend or foe, a fever in a child will usually cause a parent to have that cold, sweaty feeling. When your child is burning up, it’s hard to think straight and make good decisions. Here are some important things to remember:

· A fever can’t always be detected by feeling the forehead (my children always had cooler foreheads and burning hot backs). You can usually get a sense of “fever” or “no fever” by touch but using a thermometer is the best thing. Use a rectal thermometer on babies and a temporal artery or tympanic thermometer on smaller children. Older children can use an oral thermometer. All of these methods have a slight learning curve to be accurate. If you’d like more information or instruction, please feel free to reach out to me or contact one of our parish nurses.

· Once you have determined the child has a fever, the most important thing is to keep them hydrated. Water is the best thing. Signs of dehydration include fewer wet diapers or trips to the bathroom, dry mouth and lips, a sunken soft spot and crying without tears.

· After hydration, the next priority is keeping them comfortable. Light clothing and a cooler environment will help. A tepid bath is fine if it will soothe the child. Other older practices such as ice packs, alcohol baths, etc. are no longer recommended as home practices and can actually have negative effects. Some children seem to feel perfectly fine with a fever and if they aren’t uncomfortable, it isn’t necessary to treat it.

· Alternate giving acetaminophen and ibuprofen (give acetaminophen then in three hours give ibuprofen and then the acetaminophen again in three hours and so on). This will generally lower a fever and make your child more comfortable if necessary. Make sure you dose appropriately. Contact your child’s healthcare provider for dosing for children under age 2. For older children, use the dosing on the label.

· Keep your thermometer and your child’s healthcare provider’s number handy.
You should always call your healthcare provider if you are extremely uncomfortable with a situation. You know your child best. There are also some particular instances when a fever is involved that you should always immediately notified your provider or seek emergency treatment:

- If your child has been in a very hot place such as an overheated car.
- If they have other symptoms such as a stiff neck, extremely sore throat, severe ear pain, severe headache, an unexplained rash, or repeated vomiting and / or diarrhea.
- If the child looks very ill, is unusually drowsy, or is very fussy.
- If the child has signs of dehydration and will not take in fluids.
- If the child has a seizure.
- If the fever goes above 104°F repeatedly in any age child.
- If the fever is a 100.4°F or higher in a child 12 weeks or younger.
- If the fever persists for more than 24 hours in a child younger than age 2.
- If the fever persists for more than 3 days in a child older than age 2.

I hope this information will help you feel at least a little less anxious if your child should become ill with a fever. Also, teaching your child good hand hygiene from an early age will help decrease those occurrences.

Peace and good health to you all. Happy New Year!

Donna

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**Morning Prayer**

Morning Prayer is available on the church website every day of the week. It is a great way start to your morning devotion time. For those recording it is also a time of prayer and devotion as you meditate and read the prayers and scriptures both in silence and aloud. If you are interested in recording, please call the church office, 626-2421, or email officestpaulsdaphne@gmail.com, to set up a session. I need your help!

I would like to thank all those who supported this ministry in 2017, and would encourage you to continue in 2018: Paul Anderson, Nancy Bolton Beck, Sally Boom, Randy Bridges, Bill Carr, Mark Costlow, Davis Daniel, Robin Dilsaver, Thack Dyson, Jeffrey Grizzle, Jim and Alice Gordon, Dave Hale, Maggie Heyworth, Court and Susan Hurst, Phil Kelley, Mary Alice Mathison, Reagan McDowell, Joan McKnight, Donna Nolte, Janet Norman, Arthur Oken, Bill Organic, Caron Richards, Jessica Sawyer, Dick Schmidt, Vivian Silliman, Ruth Skaggs, John Strange, Sue Ann Turnipseed, Susan Whatley, Casey Williams, and everyone who supported this ministry in March, 2017.

Thank you for supporting this ministry. Have a blessed 2018!

Terri McMillan
ST. PAUL’S SERVICES:

Sunday Worship
Holy Eucharist, Rite I
8:00 am

Holy Eucharist, Rite II
10:30 am

Wednesday Worship
Holy Eucharist, Rite I
7:00 am

Holy Eucharist, Rite II
with Healing Service
Wednesday
12:00 pm (Noon)

BIBLE STUDIES

Sunday
Christian Education
(Life Center and Malone Hall)
For Children and Adults
9:20 am

Tuesday
Men’s Bible Study
(Malone Hall)
7:00 am

Wednesday
Morning Bible Study
/Library/
10:30 am

Great Wednesday
(Malone Hall)
6:00 pm
Potluck Supper and Study

VESTRY AND OFFICERS

Term Ending

December 31, 2018
Roxanna Carpenter
Davis Daniel
Jim Jackson
Janet Norman

December 31, 2019
Sue Cody
Alice Frederick
Michael Koepp
Tom Walker

December 31, 2020
Bill Harrison
Liston Jones
Boyd Miller
Donna Nolte
~
Walker Jackson,
Youth Representative

Martha Lathan,
Clerk of the Vestry

Airrior Norwood,
Treasurer

Church Website
www.stpaulseasternshore.com

Email Address
officestpaulsdaphne@gmail.com

Phone
251-626-2421

Fax
251-626-2456
Immediate Prayer Requests:


Ongoing Prayer Requests:


For the Departed: Cherie Hartman, Robert Wickwire

For Those Serving in the Military:

Matthew Cheatham, Jackson Deaton, Michael Duchesne, Christopher Dukarm, Chris Evans, Diana Evans, Landis Fouts, Deron Frailie, George Garner, Steven Grey, Matthew Harris, Rusty Henry, Karen Hubley, Daniel James, Matt Jones, Daniel Lambert, Chris Lessard, David McMillan, Patrick Mong, Bryan Quinn, Neil Quinn, Justin Ramsey, Taylor Santa Cruz, Neill Sevelius, Derek Siegel, Andy Tuttle, James Wallin, Brad Yonkers

For those with Birthdays:

January 1-31, 2018

Below is the 2018 Operating Pledge Card. Please prayerfully consider your offering then fill out this form and return it to the church office by:

- Placing it in church offering plate or
- Mailing it to 28788 North Main Street, Daphne, Alabama 36526
- Emailing it to officestpaulsdaphne@gmail.com
- If you would like to pay by a Visa or Bank Account view our website at www.stpaulseasternshore.com—
  You still need to turn in a pledge card to the office.

- You may cancel or change your pledge amount at any time by calling the office.
  Pledges do not automatically renew each year.

**TAKE ONE STEP UP . . . FOR CHRIST AND HIS CHURCH**

In response to God's love and as a concrete expression of my faith in and commitment to Christ and his church, I plan to TAKE ONE STEP UP in my giving.

- [ ] STEP UP BEYOND Tithing
  My desire is to do more than God's minimum.

- [ ] STEP UP TO TITHING
  I will give 1/10 of my income to God's work.

- [ ] STEP UP TOWARDS TITHING
  I am not yet a tither, but I will move toward that goal.

- [ ] MY COMMITMENT IS $_______________ per week
  This represents an increase over last year.

Name ____________________________ Date ____________
Address __________________________ Apt. No. _______ Phone (______) _________
City _____________________________ State _____________ Zip ___________
What’s Happening in Chris Ed?

Christmas Pageant

Thank you to everyone who helped with or participated in our beautiful pageant! Everything came together wonderfully and I couldn’t have done it without the help of volunteers and children who came to practices for weeks with their hearts in it 100%!

WEDNESDAY NIGHT LIVE

Wednesday Night Live will resume January 24th from 6 – 7:30 and we will meet every other Wednesday through May. This group is for 3rd-5th graders and we participate in compline, games, dinner, and other outreach activities together. It’s safe to say, We like to have fun! For more information on Wednesday Night Live, please contact me... we would love to have your child join us!

Elizabeth Faust, 251-404-0537

ea.fst@hotmail.com
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My gratitude

extends to so many who helped make our Christmas Eve so special.
First- to the kids who sang in our little kids’ choir- Audrey Faust, Eli & Lilah Nagel, and the older group who joined them- Christopher Conger, Jenna & Haley & Adam Meshejian, plus several of the New Song members who joined in the pageant music. A huge Thank you!
New Song itself did some lovely Christmas carols with their instrumental back-up which adds so much to their sound.
Mom Kelly Meshejian did her part in singing “Mary’s Song- Breath of heaven.”
This brings me to a total new surprise which really enhanced both services- the introduction to St. Paul’s of two new beautiful voices: this causes me to say “Move over, Julie Andrews and Mary Martin- here come the Meshejian Family Singers!” Haley & Jenna asked to sing at both services, They led off the preludes with their beautiful singing of “O come, o come, Emmanuel” taking us from Advent 4 in the morning to Christmas at night. I was thrilled to watch the people around them as they sang, unaccompanied with great confidence and even harmonized at the end.
Eyes were wide open as you could read on peoples’ faces- “Where did those lovely sounds come from?”
God has been good to us- we have some wonderful younger musical talent in the congregation now, I add Sarah Hale, who helped the parish choir, along with Christopher and the 3 younger Meshejians. Sophie Walker on flute and Christopher on violin and accordion added so much to a series of carols which the choir sang, and especially on a fine setting of “Lo, how a rose e’er blooming’ in which their duets were elegant. Several choir members were away visiting family and a couple were under the weather, so we regrouped and did a gentle set of carols using our guest singers. My tribute to the core of the parish choir is that they have really learned to make beautiful music together no matter what happens around us.
And we have a lot of help from the Holy Spirit, time and time again.

Along with my kids, Christopher and Robin, I also want to thank the family of St. Paul’s for being our family. People are always asking how Ellie is doing and we know the prayers continue. Some of you have been able to visit and flowers come from Frieda and Julia. Thank you. Ellie wanted so much to be singing with us on Christmas Eve, but that wouldn’t work for her being out so many hours. She is enjoying one of Dave Hale’s Christmas presents to the choir- a CD of the “Midnight Mass” music. Thack’s sermon about keeping Christmas EVERY day of the year made a strong impression on me, along with his sermons on the opening of John’s gospel. We are truly blessed!
We worship together as we seek God, serve God, and share God with love and acceptance for all.